

# SWIM LESSONS



Parks  
Make  
Life  
Better!

## SUMMER 2022

MON, JUNE 13 – FRI, JULY 29

(CLOSED MONDAY, JULY 4)



### MONTE VISTA HIGH SCHOOL POOL

3131 STONE VALLEY ROAD, DANVILLE



### SAN RAMON VALLEY HIGH SCHOOL POOL

501 DANVILLE BOULEVARD, DANVILLE

*Please note that due to construction at Monte Vista High School Community Pool, all aquatics programming is subject to change.*

SWIM LEVEL	AGE	PREREQUISITE SKILLS
Aquatots	6M-3Y	Children must be accompanied by an adult in the water
Preschool Aquatics – Level A	3-5Y	First Time Lessons
Preschool Aquatics – Level B	3-5 Y	Fully submerge head for 5 seconds
Level 1	6-12Y	Firsts Time Lessons
Level 2	4-12Y	Travel 5 yards, bob 3 times, and tread water 15 seconds without assistance or completion of Preschool Aquatics Level B
Level 3	4-12Y	Travel 10 yards on front or back; change direction in water
Level 4	6-12Y	Head-firsts entry in a seated position; jump into deep water; swim 15 yards on front and back; tread water 30 seconds
Level 5	6-12Y	Open turns on front or back; front crawl and elementary backstroke 25 yards; breaststroke 15 yards
Level 6	6-12Y	Front crawl, back crawl, and elementary backstroke 50 yards, breaststroke and butterfly 25 yards, shallow angle dive
Private Lessons	ALL AGES	All swim levels
Danville Swim!	14-18Y	Front crawl, back crawl, and elementary backstroke for 100 continuous yards, breaststroke for 50 yards, and butterfly for 25 yards, shallow angle dives, and tread water for 30 seconds
Danville Wave Riders	11Y-14Y	Front crawl, back crawl, & elementary backstroke for 100 continuous yards, breaststroke for 50 yards, and butterfly for 25 yards, shallow angle dives, and tread water for 30 seconds
Lifeguard Training	15Y AND UP	Pass lifeguard pre-skills test